



RECREATION DEPARTMENT

The Heart of the Neighborhood

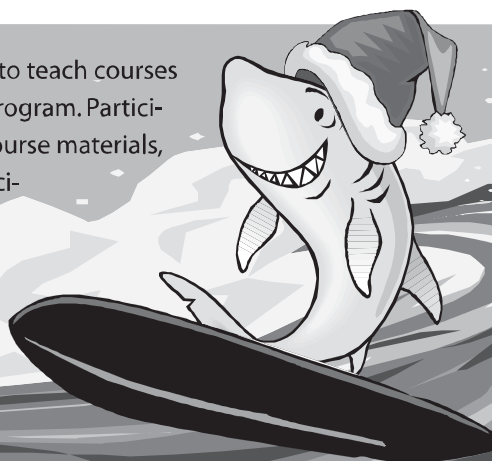
Parkway Pool • 385 Park Way • (619) 691-5099



Water Safety Instructor CLASS

#7910.187

This class is designed to train swim instructor candidates to teach courses in the American Red Cross Swimming and Water Safety program. Participants will develop an understanding of how to use the course materials, how to conduct training sessions and how evaluate participants' progress. This class includes the Fundamentals of Instructor Training (FIT), which is a prerequisite for all instructor level courses.



CLASS DATES/TIMES

Saturday, December 16 (FIT)	8 to 4 PM
Monday, December 18	8 to 4 PM
Tuesday, December 19	8 to 4 PM
Wednesday, December 20	8 to 4 PM
Thursday, December 21	8 to 4 PM
Friday, December 22	8 to 4 PM

*** Attendance at all dates and times is required.**

FEES:

\$20 Non-refundable deposit payable to "City of Chula Vista"

Additional fee due when candidate passes prerequisite testing

\$40 fee due on first class - payable to "City of Chula Vista"*

Register online at www.chulavistaca.gov/rec or at Parkway Pool
Deadline to register: **Friday, December 15**

*Textbooks and Instructor Manuals will be distributed on the first day of class. The cost of textbooks and Red Cross fees (\$66.75) is waived as part of the Scholarship to participants.

Directions to Parkway: Take 805 to I-54 West; Exit Highland/ 4th Avenue and turn south; pool is on the corner of 4th Ave and Parkway

The City of Chula Vista and the American Red Cross are proud to partner in offering this scholarship WSI class at a fraction of the regular price. This is the culmination of an effort to provide affordable aquatic programs in San Diego County.

Participants must be 16 years of age by December 22, 2006 to register. This class will not teach basic level swimming skills. Candidates will need to pass a pre-test on the first class, which includes the following:

Demonstrate level 4 swimming proficiency in:

1. Front crawl – 25 yards
2. Back crawl – 25 yards
3. Breaststroke – 25 yards
4. Elementary backstroke – 25 yards
5. Sidestroke – 25 yards
6. Butterfly – 15 yards
7. Back float for 1 minute in deep water.
8. Tread water for 1 minute.

